

HYDE COUNTY HOTLINE, INC.

We are committed to promoting dignity, respect and safety at home resulting in safer community.

Visit us at: Website: HydeCounty-Hotline.org Facebook: [Hyde County Hotline](https://www.facebook.com/HydeCountyHotline)

Have a Happy and Safe New Year

January 2018 Newsletter

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WHAT IS STALKING?

Stalking is defined by law by the federal government. When an abuser acts in such a way as to intentionally create a fear of harm or death for the victim, that is stalking. This could take the form of a fear of harm, injury or death for themselves, a relative, or any third party. Abusers who use stalking to terrorize and threaten create substantial emotional distress for their victims, family members and third parties.

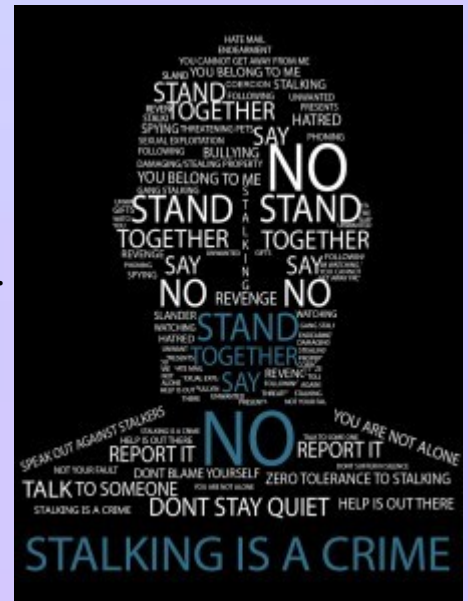
STALKING AND FEMICIDE:

- **76% of women murdered by an intimate partner were stalked first; 85% of women who survived murder attempts were stalked.**
- **89% of femicide victims who had been physically assaulted before their murder were also stalked in the last year prior to their murder.**
- **54% of femicide victims reported stalking to the police before they were killed by their stalkers.**

IMPACT ON VICTIMS:

- 1 in 8 stalking victims has reported losing work because of the stalking. More than half of these victims reported losing 5 or more work days.
- Stalking victims suffer much higher rates of depression, anxiety, insomnia, and social dysfunction than people in the general population.
- 86% of victims surveyed reported their personalities had changed as a result of being stalked.
- 1 in 4 stalking victims contemplate suicide.

WHY IT MATTERS: Stalking is often an indicator of other forms of violence. 81% of women who were stalked by a current or former husband or cohabitating partner were also physically assaulted by that partner; 31% of women were sexually assaulted. Abusers use stalking to intimidate and control their victims. ncadv.org



Domestic Violence - Signs of Domestic Violence

Most [relationships](#) have difficult times, and almost every couple argues now and then. But violence is different from common marital or relationship problems. [Domestic violence](#) is a pattern of abuse that a partner-former or current partner, spouse, or boyfriend or girlfriend-uses to control the behavior of another.

Domestic violence often starts with threats, name-calling, and slamming doors or breaking dishes, and it can build up to pushing, slapping, and other violent acts. If you are concerned about your relationship,

Does your partner:

- Embarrass you with put-downs?
- Look at you or act in ways that scare you?
- Control what you do, who you see or talk to, or where you go?
- Stop you from seeing your friends or family members?
- Take your money or paycheck, make you ask for money, or refuse to give you money?
- Make all of the decisions?
- Tell you that you're a bad parent or threaten to take away or hurt your children?
- Threaten to kill himself or herself?
- Prevent you from working or going to school?
- Act like the abuse is no big deal or is your fault, or even deny doing it?
- Destroy your property or threaten to kill your pets?
- Intimidate you with guns, knives, or other weapons?
- Shove you, slap you, strangle you, or hit you?
- Threaten to kill you?

If any of these things or [other types of abuse](#) are happening, you need to seek help. It's important to know that you are not alone. The way your partner acts is not your fault. Help is available.

WebMD Medical Reference from Healthwise



I'm starting to
remember who
I was before
you convinced
me I was
worthless.



HealthyPlace.com



Finding Closure After Abuse

Moving on after any breakup is challenging, but healing after an abusive relationship can be especially difficult. Sure, all breakups have their aftermath of sadness and loss, but for someone transitioning from victim to survivor, the fallout may include continued harassment or attacks. The resulting ongoing mental trauma and emotional stress can make a survivor question — was leaving really worth it?

We're here to say YES. Yes, leaving is worth it. Why is moving on after abuse so difficult? Because abuse is rooted in power and control, and an abuser holds that power by minimizing their partner's self-esteem and breaking their spirit. If you're leaving an abusive relationship, rebuilding your life can be a hard process, but with time and space, finding closure and peace is possible. A violence-free life is waiting, and you are so very worth it.

How do you start to move on? Here are some tips for moving past the experience of abuse into a safer, happier reality.

- 1. Cut Off Contact With Your Ex.**
- 2. Surround Yourself With Support**
- 3. Take Care of Yourself**
- 4. Remember That You Will Get Better With Time**

Recovery looks different for everyone, and each person has to find what works for them. Have you left an abusive relationship? What have you found to be helpful in recovering? What would you recommend to others who are coping with moving on after abuse?

To find more on these 4 tips visit [THE HOTLINE.ORG](https://www.thehotline.org).

Coming up In February



January 1 - December 17, 2017 (77 Homicides) from Domestic Violence in North Carolina



WHAT IS DOMESTIC VIOLENCE?

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, threats, and emotional abuse. The frequency and severity of domestic violence can vary dramatically.

DOMESTIC VIOLENCE IN NORTH CAROLINA

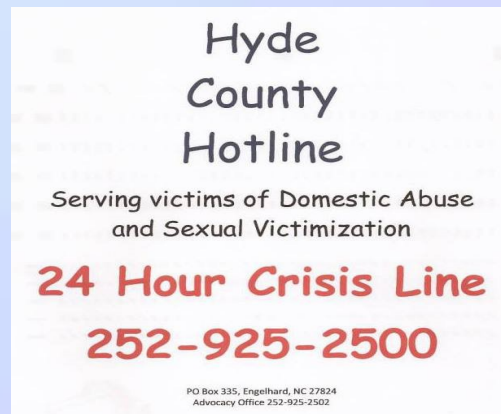
- There were 108 domestic violence-related homicides in 2013 in North Carolina. Around two people died per week from domestic violence in 2013.
- In North Carolina in 2013, more than 75 percent of the perpetrators of domestic violence-related homicides were male. This is consistent with national data that show males are often the perpetrators of serious cases of domestic violence.
- 1,678 victims were served in a single day in North Carolina in 2014 - 860 domestic violence victims (432 children and 428 adults) found refuge in emergency shelters or transitional housing provided by local domestic violence programs.
- In a 24-hour survey period in 2014 in North Carolina, local and state hotlines answered 637 calls, averaging more than 26 hotline calls every hour.

DID YOU KNOW?

- 1 in 3 women and 1 in 4 men have experienced some form of physical violence by an intimate partner.
- On a typical day, domestic violence hotlines receive approximately 21,000 calls, approximately 15 calls every minute.
 - Intimate partner violence accounts for 15% of all violent crime.
 - Having a gun in the home increases the risk of homicide by at least 500%.
- 72% of all murder-suicides involved an intimate partner; 94% of the victims of these crimes are female.

OUR MISSION

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.



We love volunteers!
Please help and call Hyde
County Hotline
252-925-2502.



Thank **you to the family Violence Prevention Services** Program
US DHHS, and NC Council for Women for financial support.